ENG

USER MANUAL

Polar
Outdoor Computer

AXN500™/AXN700™

17925341.00 ENG A

BUTTONS

Dear customer,
Congratulations on your purchase of a Polar Outdoor Computer!
We are proud to offer a product targeted and tailored for all outdoor enthusiasts.

Your Polar Outdoor Computer will provide you with the confidence and security to get the most from your outdoor activities.

Please read this manual carefully to familiarize yourself with your Outdoor Computer and practice the use of the Outdoor Computer before using it in outdoor sports. This manual contains the information you need to use and maintain your Outdoor Computer. The function map on the back of the front cover is a quick guide to the versatile features of the Polar Outdoor Computer. Cut it out and take it with you.
Please check www.polar.fi for more detailed product support and www.PolarOutdoorGuide.com for a personalized exercise program and diary.

Polar wishes you many enjoyable outdoor adventures.
Reach your peak with Polar!

AXN500 & AXN700 QUICK GUIDE

Information only specific to the AXN700 product is in blue text.

Button symbols:

Start: Press **Start** button

Up ▲: Press **Up ▲** button

Stop: Press and hold the **Stop** button to return to the starting point (Time main mode) from any mode.

Menu	Activate:	Activate:	Compass:	Test:	Action:
WATCH SET	ALTI/BARO	BARO/ALTI	BEARING	FITNESS	REC ON
▲	▲	▲	▲	▲	**Stop**
FILES	Altitude	Barometer	Compass:	Test:	
▲	SCALE	CALIBRATION	CALIBRATION	HR REST	
SETTINGS	▲	**Stop**	▲	**Stop**	
▲	Altitude		Compass:		
STOPWATCH	ALARM		DECLINATION		
▲	▲		**Stop**		
COUNTDOWN	Altitude				
▲	CALIBRATION				
CONNECT	**Stop**				
Stop					

POLAR OUTDOOR COMPUTER SET

AXN700

AXN500

Wrist Unit
With the wrist unit, you can monitor your outdoor activity and environment.

Polar WearLink™ Coded Transmitter
The **connector** transmits your heart rate signal to the wrist unit.
The electrode areas of the **strap** detect your heart rate.

Polar AXN Toolkit CD ROM including Polar Precision Performance software Outdoor Edition
Polar Precision Performance software offers you an easy way to analyze activity data via infrared. The Outdoor Computer settings are also easy to transfer to your wrist unit from the software via infrared or UpLink. The Polar Outdoor Sports Toolkit includes usage demos that interactively guide you through using the Polar AXN Outdoor Computer. For futher information, see the separate Toolkit user manual.

User Manual with Quick Guide
This User Manual contains necessary information on using your Outdoor Computer. For a quick reference, take the function map included in the Quick Guide with you when going out for your activities.

Customer Service, Registration and International Guarantee Information
If your Polar Outdoor Computer needs repair, return it with the Return Card for service to your Polar Service Centre. Complete the customer registration section and mail it to Customer Registration within two weeks of the date of purchase to help us continue developing products and services that meet your needs.
The Polar two-year guarantee is issued to the original consumer/ purchaser of the product. Keep the International Guarantee Card as your proof of purchase.

Polar Web Services
www.PolarOutdoorGuide.com web service offers you personalized exercise program and diary free of charge. Moreover, you can get the latest Polar software updates as well as product tips and support online at www.polar.fi.

CONTENTS

Information that only applies to the AXN700 product is in blue.

Quick Guide 3
Polar Outdoor Computer 4

1. THE WRIST UNIT BUTTONS AND THEIR FUNCTIONS 9
1.1 USING YOUR OUTDOOR COMPUTER FOR THE FIRST TIME 10
1.2 HOW TO SHORTEN THE AXN700 WRIST BAND 12

2. THE MAIN FUNCTIONS OF THE POLAR OUTDOOR COMPUTER 14
2.1 TIME MAIN MODE 16
2.2 ALTI MAIN MODE (ALTIMETER) 18
2.3 BARO MAIN MODE (BAROMETER) 22
2.4 NAVI MAIN MODE (COMPASS) 26
2.5 TEST MAIN MODE 27
2.6 ACTION MAIN MODE 27

3. MEASURING AND RECORDING WITH YOUR OUTDOOR COMPUTER 30
3.1 ACTION SUB MODE 30
3.1.1 Why Monitor Your Heart Rate when engaging in Outdoor Sports? 30
3.1.2 Putting Your Transmitter on 30
3.1.3 Recording Your Action ***REC*** 32
3.1.4 Features during Your Action Recording 34
3.1.5 FileView during Action Recording 35

3.1.6 Stopping or Pausing Action Recording 36
3.2 ALTI SUB MODE (ALTIMETER) 37
3.2.1 Activating the Altimeter 37
3.2.2 Setting the Scale for the Graphical Trend 38
3.2.3 Setting Altitude Alarms 40
3.2.4 Calibrating Altitude 41
3.3 BARO SUB MODE (BAROMETER) 43
3.3.1 Activating the Barometer 43
3.3.2 Calibrating the Barometer 44
3.4 NAVI SUB MODE (COMPASS) 46
3.4.1 Direction Indication 46
3.4.2 Setting the Compass Bearing 47
3.4.3 Calibrating the Compass 49
3.4.4 Setting the Compass Declination 51
3.5 TEST SUB MODE 52
3.5.1 Performing the Polar Fitness Test 52
3.5.2 OwnIndex - Fitness Test Result 54
3.5.3 OwnIndex Interpretation 55
3.5.4 Performing the Polar HR_{rest} Test 56
3.5.5 Resting Heart Rate - HR_{rest} Test Result 58

4. ADJUSTING SETTINGS, REVIEWING FILES AND USING TIMERS (TIME MAIN MODE) 59
4.1 WATCH SETTINGS 59
4.1.1 Setting Alarms 60

4.1.2 Changing the Time of Day and Setting the Dual Time (Time Set) 61
4.1.3 Changing the Date 63
4.1.4 Setting Reminders 63
4.2 FILES 65
4.2.1 Auto Log 65
4.2.2 Action File 67
Deleting Files One by One 73
Deleting All Files 74
4.2.3 Season Total Values 74
4.3 SETTINGS 79
4.3.1 Setting the Memory Rate 79
4.3.2 Setting User Information 82
4.3.3 General Settings 87
Setting Heart Rate Limits for the Target Zone Alarm 87
Changing the Units 89
Setting Rate for Vertical Speed 90
Setting Intro ON/OFF 92
Setting Sound •)) ON/OFF 93
4.4 STOPWATCH 94
4.5 COUNTDOWN TIMER 95

5. CARE AND MAINTENANCE 97

6. SAFE OPERATION OF YOUR OUTDOOR COMPUTER 101

7. FREQUENTLY ASKED QUESTIONS 102

8. TECHNICAL SPECIFICATIONS 103

9. LIMITED POLAR INTERNATIONAL GUARANTEE 104

10. POLAR DISCLAIMER 105

11. INDEX 106

1. THE WRIST UNIT BUTTONS AND THEIR FUNCTIONS

The button symbols of the Outdoor Computer are on the metal case of the wrist unit.
The main mode names are on the lens frame.

Light button

- Turn the backlight on in all modes in the dark
- Turn the Keylock on or off (press and hold the button at least 1 second). Keylock prevents accidental pressing of the button.

Stop button

- Stop, pause or cancel the function
- Exit the menu and return to the previous level of the menu
- Return to the Time mode from any mode (press and hold the button at least 1 second)

▲ Up button

- Move to the next mode or menu level
- Increase the selected value
- Turn the sounds on or off during Action recording (press and hold the button at least 1 second).

Start button

- Start, enter or accept the function
- Enter the displayed mode or menu and move to a lower menu level
- View your file summary during Action recording (press and hold the button at least 1 second)

▼ Down button

- Move to a previous mode or menu level
- Decrease the selected value

Note:

There are different types of button presses for different operations:

- ***Normal press:*** *press and release the button.*
- ***Long press:*** *press and hold the button (at least 1 second). Use long presses for shortcuts (described in the main modes).*

1.1 USING YOUR OUTDOOR COMPUTER FOR THE FIRST TIME

Enter your settings in the Basic Settings mode (time, date, units, and personal settings) when you start to use the Outdoor Computer for the first time. Alternatively, you can prepare the settings with the Polar Precision Performance Software or with the Polar UpLink Tool that you can download free of charge from www.polar.fi. For further information, see the separate Toolkit user manual.

How to enter the Basic Settings

You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be turned off.

Activate the wrist unit by pressing the **Start** button.
The display fills up with numbers and texts.

1. Press the **Start** button. **Basic SETTINGS** is displayed.
2. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
3. **Time**		
• Set 12h/24h (time mode)	**Up ▲ / Down ▼**	**Start**
• Set AM/PM (if you chose 12h)	**Up ▲ / Down ▼**	**Start**
• Set hours	**Up ▲ / Down ▼**	**Start**
• Set Min (minutes)	**Up ▲ / Down ▼**	**Start**
4. **Date**		
• DD (set days) or MM (set month: if you chose 12h)	**Up ▲ / Down ▼**	**Start**
• MM (set month) or DD (set days: if you chose 12h)	**Up ▲ / Down ▼**	**Start**
• YY (set year)	**Up ▲ / Down ▼**	**Start**

Note:

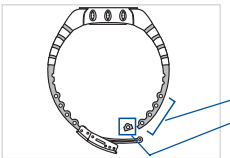
- *The numbers scroll faster if you press and hold the **Up** ▲ or **Down** ▼ button as you adjust the value.*
- *After the battery is changed or after you reset the wrist unit, you only need to set the time and date in the Basic Settings. You can skip the rest of the settings by pressing and holding the **Stop** button.*

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. **Units** • 1 (M/HPA/°C) or 2 (FT/INHG/°F)	**Up ▲ / Down ▼**	**Start**
6. **Weight** • Set KILOGRAM or POUNDS ***Note:*** *If you chose the wrong units, you can still change them by pressing and holding the* ***Light*** *button.*	**Up ▲ / Down ▼**	**Start**
7. **Height** • Set CM or FT • Set INCH (inches, if you chose Units 2)	**Up ▲ / Down ▼** **Up ▲ / Down ▼**	**Start** **Start**
8. **Birthday** • DD (set days) or MM (set month: if you chose 12h) • MM (set month) or DD (set days: if you chose 12h) • YY (set year)	**Up ▲ / Down ▼** **Up ▲ / Down ▼** **Up ▲ / Down ▼**	**Start** **Start** **Start**
9. **Sex** • Set MALE or FEMALE	**Up ▲ / Down ▼**	**Start**

- **Settings OK?** is displayed. To change your settings, press the **Stop** button until you return to the desired setting mode.
- To accept the settings, press the **Start** button. The Basic Settings are completed and the display automatically goes to the Time main mode.

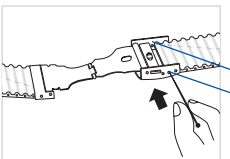
1.2 HOW TO SHORTEN THE AXN700 WRIST BAND

If the wrist band needs to be shortened, visit a local watch or jewellery store or you can do the shortening yourself by following these instructions.



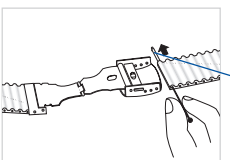
1. Place the AXN700 on your wrist and measure how many sections you should shorten the wrist band.

Cuttable area of the wrist band
One section of the cuttable area



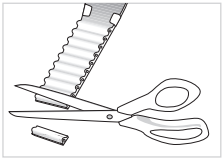
2. Detach the buckle with the Polar logo by pressing the spring bar with a pin or other sharp pointed tool.

Buckle
Wrist band hole

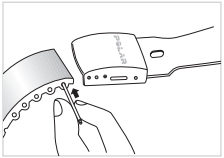


3. After the buckle is detached, push the spring bar with a pin and pull it out from the other side.

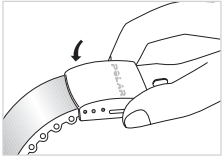
Spring bar



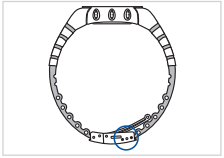
4. Shorten one section of the wrist band: cut along the grooves on the inner surface of the wrist band.
   Or, if you need to shorten the wrist band by more than one section: detach the buckle also from the other end. Cut one section of the other wrist band, so that the buckle will stay in the middle. Cut the sections one by one, so that you do not shorten the wrist bands too much.



5. Insert the spring bar in to the last spring bar hole.



6. Attach the wrist band with the spring bar back to the buckle. Make sure that the spring bar is placed correctly. You can here a "klick". In case you detached the buckle from the both ends of the wrist band attach the both ends back.



7. There are small holes on both sides of the buckle plate. By shifting the spring bar you can do the final adjustment of the band length.

2. THE MAIN FUNCTIONS OF THE POLAR OUTDOOR COMPUTER

The Polar Outdoor Computer has six main modes:

- Time (home mode)
- Alti (altimeter)
- Baro (barometer)
- Navi (compass)
- Test (fitness test and HR_{rest} test)
- Action (recording your activity)

This section describes you how to use these different modes. The function map side of the Quick Guide introduces you to browsing the main modes and their sub modes – consult it as needed!

To browse the main modes use the **Up** ▲ or **Down** ▼ button. Alternatively you can browse the main modes (Time, Alti, Baro, Navi, Action) by using the **HeartTouch** function in case you cannot press the buttons, such as when you are wearing gloves. The HeartTouch function operates only when you are wearing a transmitter.
Activate the HeartTouch function by bringing your wrist unit close to the Polar logo of your transmitter.

Note:

- *If your heart rate is not detected and there is - - in the lower row (in Altimeter, Action or Time main mode) the browsing of the main modes does not work. Instead the wrist unit starts detecting for your heart rate.*
- *To change the HeartTouch function to turn the backlight on instead of browsing the main modes, use the Polar Precision Performance software. For further information, see the separate Toolkit user manual.*

Mode level indicators

To start browsing the sub modes use the **Start** button in the Time, Alti, Baro and Navi main modes.

When browsing the sub modes, the symbol indicates how deep in a mode you are. In the example picture, the wrist unit is in the first level of the Time main mode.

When browsing the modes or menus, you can see which mode or menu you are in by the flashing mode level indicator. In the example picture, the lowest symbol is flashing, which indicates that the **WATCH SET** is the first menu of the six menus in the Time main mode.

2.1 TIME MAIN MODE

Use the Time main mode as a watch, as it includes the date, alarms, and reminders. The Time main mode is your home mode, to which you can return from any mode or menu by pressing and holding the **Stop** button.

The Time sub modes allow you to enter watch, user, memory, and general settings. You can also use the stopwatch and CountDown timers, view memory files, and connect the wrist unit to a PC. For further information, see page 59.

Changing the upper row information

To change the information in the upper row, press and hold the **Up ▲** button:

1. Weekday and date

Press and hold

Moving symbol indicates the seconds.

2. Downloadable picture logo

Press and hold

3. Downloadable text logo

To personalize your wrist unit, create and transfer a picture or text logo to the wrist unit from your PC. For further information, see the separate Toolkit user manual.

Changing the dual time

To swap between Time 1 and 2, press and hold the **Down ▼** button:

1. Time 1

Press and hold

2. Time 2

Time 2 is displayed for a few seconds.

For further information on setting the two different times, see page 61.

Note:

- *AM/PM indicates that you are using the 12h time mode. To change the time settings, see page 61.*
- *The flashing mode level symbol indicates that the stopwatch or CountDown timer is on. For further information, see page 94.*
- *During Action recording, you can also see your heart rate in the Time main mode, if you wear the transmitter. For further information, see page 32.*

2.2 ALTI MAIN MODE (ALTIMETER)

Use the Alti main mode to check your altitude when you are moving.

In the Time main mode, press the **Up** ▲ button to enter the Alti main mode.
The Alti main mode includes the following information:

The ⛰ altimeter symbol is displayed when the altimeter is active. To activate the altimeter, see page 37.

The graphical altitude trend.
The most recently updated point.

The current altitude reading.
2800 m equals 9186 ft.

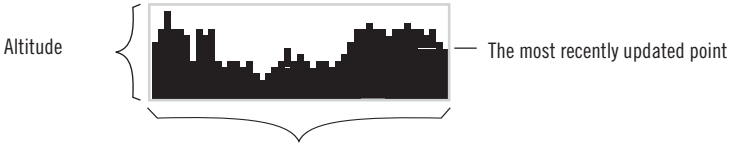
If you are wearing your transmitter, the ♥ heart rate symbol with your current heart beats per minute are displayed.

Note:

- *If the altimeter is inactive and the barometer is active ☁, the graphical altitude trend shows a straight line and the last measured altitude reading remains in the display.*
- *If your heart rate is not displayed and - - appears in the display, the heart rate detection has stopped. Bring the wrist unit near the Polar logo on the transmitter to restart the heart rate detection. Alternatively, press and hold the **Down** ▼ button to change the lower row information.*

Graphical Altitude Trend

The graph shows how the altitude has changed.



Altitude

- The scale used in the graph to display altitude depends on your settings. For further information, see page 38.

Time

- The graph is updated every 15 minutes, if Action recording is not on. The entire graph shows you the last 11 hours 45 minutes.
- If Action recording is on (***REC*** is in the display), the frequency of the updates depends on your memory settings (see the options in the table below). To change the memory settings, see page 79.

Updating frequency when Action recording is on	The total time axis equals
5 s	3 min 55 s
15 s	11 min 45 s
60 s	47 min
5 min	3 h 55 min

Changing the upper row information:
To change the information in the upper row, press and hold the **Up ▲** button:

1. Graphical altitude trend

Press and hold

2. Vertical speed while ascending or descending (m/min or ft/min)

Changing the lower row information:
To change the information in the lower row, press and hold the **Down ▼** button:

1. Heart rate*

Press and hold

2. Current rate of calories burned (kcal/h)*

Press and hold

3. Time of day

**To monitor your heart rate, wear the transmitter. To monitor the amount of calories you burn, wear the transmitter and turn Action recording on in the Action main mode. For further information, see page 27.*

1.

2.

Altimeter Display Examples

1. To monitor how your energy expenditure rate changes in accordance with your pace and altitude during your activity, select your *vertical speed* while ascending or descending and the *amount calories* burned per hour.
   2800 m equals 9186 ft.

2. To monitor how your body reacts to changes in pace and altitude, select your *vertical speed* while ascending or descending and your *heart rate*.

Note:

- *When wearing the transmitter and recording your activity, the heart rate reading flashes and the wrist unit sounds an alarm if your heart rate is above or below the preset target zone. You can turn the Target Zone Alarm sound •)) on or off in the Action main mode. For further information, see page 34.*
- *You can also change the upper and lower row information while recording your activity.*

2.3 BARO MAIN MODE (BAROMETER)

Use the Baro main mode to check the sea level or absolute barometric pressure and temperature.

All changes in barometric pressure are interpreted as being due to changes in weather conditions. You can interpret the weather conditions from measured barometric pressure changes, when you stay at the same altitude.

In the Time main mode, press the **Up** ▲ or **Down** ▼ button until you enter the Baro main mode.
The Baro main mode includes the following information:

The barometer symbol indicates that the barometer is active. To activate the barometer, see page 43.

Graphical barometer trend. Use the trend with the sea level pressure reading to analyze changes in the weather.

Sea level pressure (hPa/inHg) = the value of the barometric pressure at your current location reduced to sea level.
1013 hPa equals 29.90 InHg.

Temperature reading (°C/°F).
15 °C equals 59 °F.

***Note:** If the barometer is inactive and the altimeter is active ⛰, the graphical trend is a straight line. The last measured pressure reading remains in the display, absolute pressure reading though will be updated.*

Graphical Barometer Trend

The graph shows how the sea level pressure has changed. Pressure readings vary locally and seasonally and also according to the altitude. Check you local average pressures and learn to interpret the trend according to your local readings.

Sea level pressure:
The entire axis equals 15 hPa or 0.75 inHg.
One white pixel equals 1 hPa or 0.05 inHg.

The most recently updated point.
The trend is updated every 15 minutes.

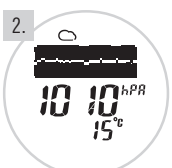
Time: last 11 hours and 45 minutes

- If the trend rises, the weather is likely to improve.
- If the trend drops, the weather is likely to get worse. The longer or more rapidly the trend drops, the greater the chance of a storm.

Example: You switched the barometer on when camping for the night. In the morning, you can interpret from the trend how the weather is likely to develop.

1.

2.



1. In example one, the pressure has dropped. The Pressure Drop Alarm symbol indicates a possible change in weather conditions.

2. In example two, the pressure has remained quite stabile.

Barometric Pressure Drop Alarm

A pressure change over an interval of about 2-3 hours is the best indicator for a weather prediction. If the barometric pressure drops 4 hPa/0.12 inHg or more in 3 hours, the Pressure Drop Alarm symbol appears automatically and you receive the **Barometer ALARM** notice text. The text remains in the display until you press a button.

Changing the upper row information:

As in the Alti main mode, you can change the display to show the information that you need.
To change the information in the upper row, press and hold the **Up ▲** button:

1. Barometer trend

2. Absolute pressure reading (hPa/inHg)

Absolute pressure reading is your current location's barometric pressure.
1011 hPa equals 29.85 inHg.

Changing the lower row information:
To change the information in the lower row, press and hold the **Down ▼** button:

1. Temperature (°C/°F)

2. Time of day

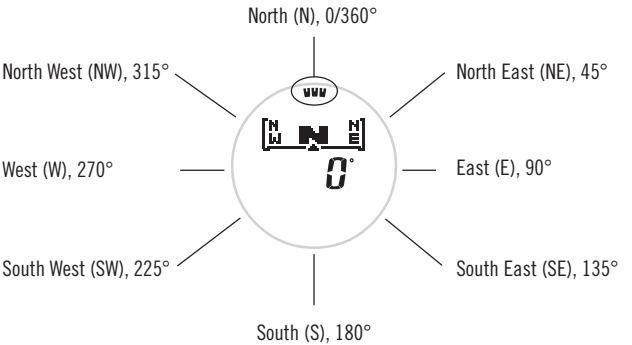
Note:

- *Because your body temperature affects the actual temperature reading, the best way to obtain an accurate temperature is to take your wrist unit off for at least 10 minutes.*
- *You can also change the upper and lower row information while recording your activity.*

2.4 NAVI MAIN MODE (COMPASS)

Use the Navi main mode for navigation and checking your direction.

In the Time main mode, press the **Up** ▲ or **Down** ▼ button until you enter the Navi main mode. The direction reading is displayed in degrees and as cardinal points:



Keep your arm or the wrist unit horizontal when measuring a direction.
For further information, see page 46.

2.5 TEST MAIN MODE

In the Test main mode, you can:

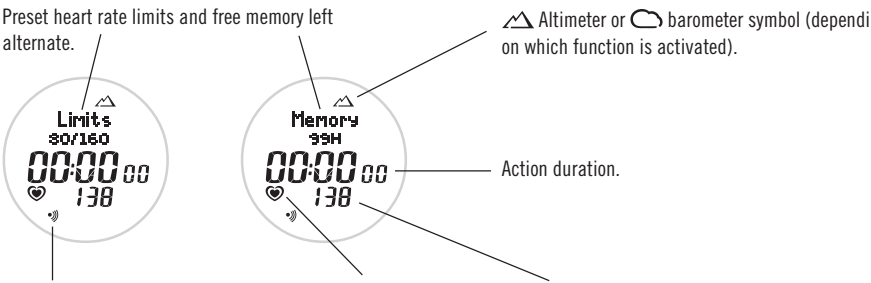
- Do the Polar Fitness Test to measure your OwnIndex® value (comparable to maximal oxygen uptake, VO_{2max}) to find out your aerobic fitness level. For further information, see page 52.
- Do the Polar HR_{rest} Test to measure your resting heart rate, which gives you information on the state of your physical fitness and recovery, or your adaptation at different altitudes. For further information, see page 56.

In the Time main mode, press the **Up** ▲ or **Down** ▼ button until you enter the Test main mode.

2.6 ACTION MAIN MODE

Use the Action main mode to record your physical activity and changes in altitude.
When you start recording your activity, a variety of information, including activity duration, vertical speed while ascending or descending and altitude, are recorded in an Action File. If you want also to record your heart rate and energy expenditure in calories, wear the transmitter. For further information on wearing the transmitter, see page 30.

In the Time main mode, use the **Down ▼** button to enter the Action main mode.
The Action main mode includes the following information:



Start Action recording by pressing the **Start** button. For further information, see page 32.

Note: *To record the altimeter information in an Action File, make sure that the altimeter is activated .*

Changing the lower row information

To change the information in the lower row, press and hold the **Down ▼** button:

1. **Your current heart rate** (beats per minute)

Press and hold

2. **Current rate of calories burned** (kcal/h)*

Press and hold

3. **Calories burned during Action recording** (kcal)*

Press and hold

4. **Your current heart rate as a percentage of your maximum heart rate**

**The number of calories burned is measured after you have started recording.*

See futher information on how to use the heart rate as % of your maximum heart rate in page 87.

Note:

- *You can also change the lower row information while Action recording.*
- *Your current heart rate is also displayed in the Alti and Time main modes while Action recording.*
- *If your heart rate is not displayed and - - appears in the display, the heart rate detection has stopped. Bring the wrist unit near the Polar logo on the transmitter to restart the heart rate detection.*
- *As you start Action recording, the AXN700 always activates the first heart rate limits that you have set and switched on. You can swap the heart rate limits before starting Action recording: Press and hold the **Up ▲** button to activate the alternative heart rate limits 1, 2 or 3.*

3.1 ACTION SUB MODE

3.1.1 WHY MONITOR YOUR HEART RATE WHEN ENGAGING IN OUTDOOR SPORTS?

There are many reasons to monitor your heart rate during outdoor activities:

Planning - You can use heart rate in planning your training for various activities.

Intensity - Your heart rate is an accurate measure of the intensity of the activity – you will know how hard you are working.

Pace - You can use heart rate to set a pace that you will be able to maintain.

Progress - Your heart rate allows you to objectively measure improvements in your fitness level. For a particular speed and time or journey, your heart rate should decrease due to improvements in your fitness.

Safety - Monitor your heart rate during and after activity to keep yourself from pushing too hard or overtraining.

Adaptation - Your heart rate responds to internal and external factors acting on your body (for example, altitude, temperature and humidity).

3.1.2 PUTTING YOUR TRANSMITTER ON

Although you can use your wrist unit as a watch and record performance and environmental data without wearing the transmitter, wear the transmitter when you want to measure and record your heart rate and calorie expenditure.

1. Moisten the electrode areas of the strap under running water and make sure that they are well moistened.

2. Attach the connector to the strap. Position the letter **L** on the connector next to the word **LEFT** on the strap and snap the fastener.

3. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below your chest muscles, and snap the second fastener.

4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position.

To ensure trouble-free heart rate monitoring, start your heart rate monitoring in a place with the fewest possible electromagnetic disturbances (skilifts, computers, mobile phones, other people using heart rate monitors, high voltage power lines, cars, motor driven exercise equipment, etc.) before going out.

When you put your transmitter on, it starts to detect your heart rate, which is then transmitted to the wrist unit. A heart symbol starts flashing in the Action (or Alti) main mode and your heart rate in beats per minute (bpm) appears in a maximum of 15 seconds.

Note: *If the wrist unit does not display your heart rate, check that the transmitter electrodes are wet and that the strap is snug enough.*

3.1.3 RECORDING YOUR ACTION *REC*

1. In the Time main mode, press the **Down** ▼ button to enter the Action Main mode. Your heart rate appears in a few seconds if you are wearing the transmitter. To start Action recording, press the **Start** button.
   Alternatively, you can quickstart Action recording in the Time main mode by pressing and holding the **Start** button.

2. The wrist unit displays **Action: REC ON** and the Action timer starts running. Your activity information is recorded in an Action File. For further information, see page 67. The Action recording mode displays the following information:

Altimeter or barometer symbol depending on which one is active.

Heart rate trend graph.

REC indicates recording.

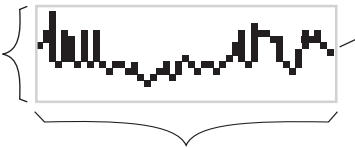
Flashing heart symbol* and your heart rate.

*♡ A frame around the heart rate symbol indicates a coded heart rate transmission. Heart rate coding ♡ reduces interference from other heart rate monitors that are close by. To ensure that the code search is successful make sure that there is no other heart rate monitor within reception range (1 meter / 3 feet) before the framed heart rate appears.
♥ A heart rate symbol without a frame indicates an non-coded heart rate transmission. However, the heart rate measurement works in a non-coded mode.

Graphical Heart Rate Trend

The graph shows how your heart rate has changed.

Heart Rate:
The entire axis equals 15 beats per minute and one pixel equals 1 bpm.



The most recently updated point. The trend is updated every 15 seconds.

Time: last 11 minutes and 45 seconds

Note:

- *If the Action recording is on and you are wearing the transmitter, your current heart rate is also displayed in the Time and Alti main modes.*
- *The wrist unit automatically records a marker in the Action File when you start Action recording. From the marker, you can see what your sea level pressure or altitude (depending on whether the barometer or altimeter was active) was at that time.*
- *You can change the lower row information by pressing and holding the **Down** ▼ button in the Action main mode.*
- *If the maximum recording time of one Action File (99 hours 59 min 59 s) becomes full, the wrist unit beeps and automatically pauses Action recording and displays the **HALT** text. Stop Action recording by pressing the **Stop** button and start recording in another Action file, if there is memory left. For further information on how to release memory for new files by deleting files, see page 73.*
- *When the total memory becomes full, the wrist unit beeps and displays the **Memory full** text. The wrist unit stops recording Action File information, and the Season Total Values are not updated any more after the memory is full. This has no effect on the Auto Log function. For further information on how to release memory for new files by deleting files, see page 73.*

3.1.4 FEATURES DURING YOUR ACTION RECORDING

In the Action main mode you can use the following functions during your Action recording.

To turn the sounds on or off: Press and hold the **Up** ▲ button. The symbol indicates that the button, activity and Target Zone Alarm sounds are on.

Setting Markers for interesting points, moments or places: Press the **Start** button. The wrist unit informs: **Marker SET** for a few seconds. After the activity, you can check the recorded Marker times and split times in the Action File. For further information, see page 72.

Note:

- *Some additional marker information, which is not shown in the Action File, can be viewed with the Polar Precision Performance software after you transfer the Action Files to your PC. For further information, see the separate Toolkit user manual.*
- *Markers are also recorded automatically when the altimeter or barometer is calibrated during Action recording.*
- *AXN700: Markers are also recorded automatically when you go down a slope, each time you swap your heart rate limits or when you set your bearing.*
- *If the Marker full text is displayed, the wrist unit's memory is full. Stop Action recording and delete files. For further information, see page 73.*
- *You can change the HeartTouch funtion to set markers instead of browsing the main modes with the Polar Precision Performance software. For further information, see the separate Toolkit user manual.*

Target Zone Alarm: With the Target Zone Alarm you can make sure you exercise at the correct intensity. After you set your heart rate limits, the wrist unit sounds an alarm when you are above or below your heart rate limits. You can set the heart rate limits for your target zone in the Settings/General menu. For further information, see page 87.
How it works: The heart rate value starts flashing and your wrist unit beeps with each heartbeat if you are out of your target zone. The Target Zone Alarm also works in the Alti and Time main modes during Action recording.

Swapping the heart rate limits: To change heart rate limits 1, 2 or 3, press the **Stop** button to pause the Action timer. The wrist unit displays: **Action: PAUSED**. Press and hold the **Up** ▲ button to activate the alternative heart rate limits. Press the **Start** button to continue recording your activity. In the Action File you can see the information on the Target Zones you have used while recording your activity.

Note: *If the heart rate limits are turned off, there is no Target Zone Alarm in the Action mode and no target zone information is placed in the Action File.*

Exercising in the dark: After you have pressed the **Light** button once, the display automatically illuminates each time you press a button or bring the wrist unit near the Polar logo on the transmitter, until you stop Action recording.

3.1.5 FILEVIEW DURING ACTION RECORDING

If you want to view your information during Action recording, you can check the summary of the information recorded so far. The FileView function is available in all main modes except in the Test main mode.

1. Press and hold the **Start** button during recording to activate the FileView function.
2. **FileView SPLIT** is displayed.
   FileView starts automatically scrolling through the following information:

FileView	
SPLIT	Split time
HR AVG	Average heart rate
HR MAX	Maximum heart rate
Kcal	Accumulated calories
VERT.SPD ↑ AVG	Average ascent rate*
VERT.SPD ↑ MAX	Maximum ascent rate*
VERT.SPD ↓ AVG	Average descent rate*
VERT.SPD ↓ MAX	Maximum descent rate*
SLOPES	Number of slopes you have gone down*
ALTITUDE MAX (M/FT)	Maximum Altitude*
ALTITUDE MIN (M/FT)	Minimum Altitude*
ASCENT	Ascended meters / feet*
DESCENT	Descended meters / feet*

3. To freeze the display for a few secods, press the **Start** button. To continue automatic scrolling, press the **Start** button again. To browse the **FileView** press the **Up** ▲ or **Down** ▼ button.
   To stop viewing information while recording, press the **Stop** button. The wrist unit returns to the Action recording mode.

*These values are not displayed if your Barometer was active during Action recording ☁.
The wrist unit automatically counts a descent of at least 50 m / 165 ft as a slope.

3.1.6 STOPPING OR PAUSING ACTION RECORDING

You can pause recording in any main mode. The wrist unit returns to the Action mode.

1. Press the **Stop** button to pause Action recording. The wrist unit displays: **Action PAUSED**.
   Flashing ***REC*** indicates that your Action recording is paused.
2. To continue recording, press the **Start** button. Action recording starts again.
   Alternatively to stop recording, press the **Stop** button again. **Action STOPPED** is displayed for a few seconds before the wrist unit returns to the Time main mode.

3.2 ALTI SUB MODE (ALTIMETER)

Press **Start**

- ACTIVATE

Press **Up** ▲

- SCALE

Press **Up** ▲

- ALARM

Press **Up** ▲

- CALIBRATION

In the Alti sub mode, you can:

- Activate your altimeter.
- Set the altitude scale for the graphical trend to suit the type of activity you will be doing.
- Set Altitude Alarms to remind you of altitude limits for the day or to assist with navigation (when using a topographical map).
- Calibrate the altitude.

3.2.1 ACTIVATING THE ALTIMETER

The altimeter converts the measured barometric pressure to an altitude reading. Due to the fact that both the altimeter and the barometer use barometric pressure, you can activate only one of these features at a time. Therefore, you must activate your altimeter to use it. It is recommended that you calibrate the altimeter after activating it. For further information, see page 41.

The wrist unit records altimeter information automatically and continuously in a two-week circular memory, called **Auto Log**, if the altimeter is activated.

1. In the Time main mode, press the **Up** ▲ button to enter the Alti main mode.
2. In the Alti main mode, press the **Start** button. **Activate: ALTI** or **BARO** is displayed.

3. Continue by pressing the **Start** button and follow the step below:

4. The display reads: **Activate: ALTI** or **BARO**	Press the **Up** ▲ or **Down** ▼ button to select **ALTI** (altimeter).	Press the **Start** button to active the selected function.

- To return to the Time main mode, press and hold the **Stop** button.

Note:

- *Activating the altimeter locks off the sea level pressure reading.*
- *Every time you activate the altitude value and the Action recording is on, a Marker is recorded automatically.*

3.2.2 SETTING THE SCALE FOR THE GRAPHICAL TREND

Altitude

The optional scales for the altitude graphical trend are: 1 m / 3 ft, 10 m / 30 ft and 100 m / 300 ft.

The table below contains recommended graphical trend scale settings for different activties.

Activity	Scale	Graphical Trend Scale: One pixel equals	Graphical Trend Scale: The total altitude axis equals
Hiking - level to moderate terrain	1	1 m / 3 ft	15 m or 45 ft
Hiking - moderate to steep terrain, Back-country skiing or snowboarding	10	10 m / 30 ft	150 m or 450 ft
Downhill skiing or snowboarding	100	100 m / 300 ft	1500 m or 4500 ft

To set the scale:

1. In the Alti main mode, press the **Start** button. Use the **Up** ▲ button until **Altitude SCALE** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

3. The display reads: **Altitude SCALE**	Press the **Up** ▲ or **Down** ▼ button to select the desired scale.	Press the **Start** button. • The wrist unit returns to the **Altitude SCALE** menu.

- To return to the Time main mode, press and hold the **Stop** button.

3.2.3 SETTING ALTITUDE ALARMS

Altitude Alarms are intended to remind you when you reach a preset altitude limit. A good way to keep track of your daily ascent is to set an Altitude Alarm to correspond to a desired target altitude.

1. In the Alti main mode, press the **Start** button. Use the **Up ▲** or **Down ▼** button until **Altitude Alarm** is displayed.
2. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
3. **ALTITUDE ALARM1 SET ON** or **OFF**	**Up ▲ / Down ▼** • turn Alarm 1 on or off.	**Start** If you select off, skip step 4.
4. **ALTITUDE ALARM1 SET**	**Up ▲ / Down ▼** • set the Altitude Alarm limit.	**Start**
5. **ALTITUDE ALARM2 SET ON** or **OFF**	**Up ▲ / Down ▼** • turn Alarm 2 on or off.	**Start** If you select off, skip step 6.
6. **ALTITUDE ALARM2 SET**	**Up ▲ / Down ▼** • set the Altitude Alarm limit.	**Start** • The wrist unit returns to the **Altitude Alarm** menu.

- To return to the Time main mode, press and hold the **Stop** button.

How Altitude Alarms ⛰ work

Altitude Alarms work in all main modes. When you reach a preset altitude point, the wrist unit sounds an alarm and the symbol ⛰ and text **Altitude Alarm!** are displayed. Press any button to stop the Alarm.

To prevent the alarm from going off continuously for the same altitude, the wrist unit sounds the alarm again only if you have ascended or descended at least 10 m / 33 ft before reaching the same preset altitude. In order to use the Altitude Alarms, you need to activate the altimeter in the Alti main mode.

Tip: The Altitude Alarm function can also be used to help climb or trek safely at high altitudes. Cases of Acute Mountain Sickness (AMS) may occur at altitudes typically near or above 3 000 m / 10 000 ft or higher. If you are not adapted, or acclimatized, to the altitude, limit your daily rate of ascent to 300 m / 1 000 ft per day to help reduce the risk of AMS. Also monitor your heart rate while ascending to get information about your body's response to the increased altitude.

3.2.4 CALIBRATING ALTITUDE

There are two ways to calibrate the altimeter: manually, setting a value by scrolling; or with a calibration list, if you have prepared the list in advance with the Polar Precision Performance software. Calibrate your altimeter often to ensure it remains accurate. Set the reference altitude whenever a reliable reference, such as a peak or a topographic map, is available.

Tip: When calibrating the altimeter, the barometer is calibrated simultaneously.
If you do not know the altitude of your position, but you do know the exact sea level pressure of your location, you can calibrate the sea level pressure to help determine the altitude and vice versa. For further information on the barometer calibration, see page 44.

Note: *Every time you calibrate the altitude value and the Action recording is on or paused, a Marker is recorded automatically.*

Manual Calibration

1. In the Alti main mode, press the **Start** button. Press the **Down ▼** button. **Altitude CALIBRATION** is displayed.
2. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
3. Calibrate MANUAL/ LIST	**Up ▲ / Down ▼** • select manual calibration (MANUAL).	**Start**
4. Calibrate MANUAL	**Up ▲ / Down ▼** • set the altitude of your current location.	**Start** • **Calibration OK** is displayed and the wrist unit returns to the Alti main mode.

- To return to the Time main mode, press and hold the **Stop** button.

Note: *To cancel the calibration, press the* ***Stop*** *button when the calibrated value flashes.* ***Calibration FAILED*** *is displayed and the wrist unit returns to the previous display.*

Using a Calibration List

If you have created a calibration list with the Polar Precision Performance software you can use, preprogrammed altitude points for example during your hiking route. When you arrive at a preprogrammed calibration point, just accept the point from your list.

Transfer the list you have created with the software to the wrist unit. For further information, see the Polar Precision Performance software's online helps.

3.3 BARO SUB MODE (BAROMETER)

In the Baro sub mode, you can:

- Activate your barometer.
- Calibrate the sea level pressure.

3.3.1 ACTIVATING THE BAROMETER

Because barometric pressure decreases considerably when the altitude increases, it is recommended that you use the barometer when you stay at the same altitude for a longer period of time, for example, when camping overnight.
It is recommended that you calibrate the barometer after activating it. For further information, see the following page.

The wrist unit records barometer information automatically and continuously in a two-week circular memory, called **Auto Log**, if the barometer is activated.

1. In the Time main mode, press the **Up** ▲ button to enter the Alti main mode.
2. In the Alti main mode, press the **Start** button. **Activate: ALTI** or **BARO** is displayed.

3. Continue by pressing the **Start** button and follow the step below:

4. The display reads: **Activate: ALTI** or **BARO**	Press the **Up** ▲ or **Down** ▼ button to select **BARO** (barometer).	Press the **Start** button to active the selected function.

- To return to the Time main mode, press and hold the **Stop** button.

Note:

- *Due to the fact that both the altimeter and barometer measurements are based on barometric pressure, you can use only one of these features at a time. Activating the barometer turns off the altimeter and vice versa.*
- *Every time you activate the barometer and Action recording is on, a Marker is recorded automatically.*

Tip: How to Predict Weather Changes when Using the Altimeter
If you notice that the altitude reading is significantly off (you know your altitude is about 2000 m / 6500 ft, but the altimeter reads 3000 m / 9500 ft), this could result from a change in weather conditions. You should prepare yourself for a change in the weather.

3.3.2 CALIBRATING THE BAROMETER

Calibrate the barometer by setting the sea level pressure. Information sources such as weather stations, airports, or Internet weather pages can provide you with your sea level pressure reference value. Calibrate your barometer often to ensure it remains accurate.

Tip: When calibrating the barometer, the altimeter is calibrated simultaneously.
If you do not know the current sea level pressure, but you know your exact altitude, you can calibrate the current altitude of your position to help determine the sea level pressure of your location and vice versa. For further information on altimeter calibration, see page 41.

1. In the Baro main mode, press the **Start** button. Press the **Down ▼** button. **Barometer CALIBRATION** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

3. The display reads: **Barometer** **SEA LEVEL**	Press the **Up ▲** or **Down ▼** button to set the flashing sea level pressure value.	Press the **Start** button to accept the value. • **Calibration OK** is displayed and the wrist unit returns to the Baro main mode.

- To return to the Time main mode, press and hold the **Stop** button.

Note:

- *Every time you calibrate the sea level pressure value and Action recording is on or paused, a Marker is recorded automatically.*
- *To cancel the calibration, press the **Stop** button during calibration. **Calibration FAILED** is displayed and the wrist unit returns to the **Barometer CALIBRATION** display.*

3.4 NAVI SUB MODE (COMPASS)

Press **Start**

- BEARING

Press **Up** ▲

- CALIBRATION

Press **Up** ▲

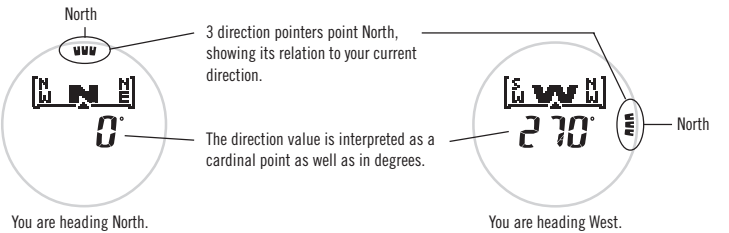
- DECLINATION

In the Navi sub mode, you can:

- Set your bearing readings manually.
- Calibrate the compass.
- Set the compass declination.

3.4.1 DIRECTION INDICATION

The compass shows the following information depending on your direction:


North
3 direction pointers point North, showing its relation to your current direction.
The direction value is interpreted as a cardinal point as well as in degrees.
North
You are heading North.
You are heading West.

Keep your wrist horizontal to make sure you obtain accurate bearings.

As **Compass: FREEZE** is displayed, the compass is automatically deactivated to save the battery of the wrist unit. To reactivate the compass, press the **Start** button.

Note: *When wearing a transmitter, do not bring the wrist unit too close to the transmitter to avoid activating the HeartTouch function, which changes the main modes automatically.*

3.4.2 SETTING THE COMPASS BEARING

Set a bearing reading to help yourself keep on track.

There are two ways to set a bearing:

- Point Polar logo of the wrist unit towards the target destination or landmark and set a bearing by pressing and holding the **Up** ▲ button in the Navi main mode.
- **Alternatively**, set a bearing reading by following steps 1-3.

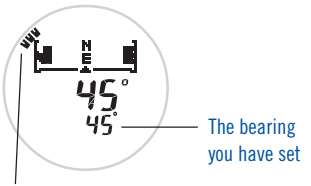
1. In the Navi main mode, press the **Start** button. **Compass: BEARING** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

3. The display reads: **Bearing SET**	Press the **Up** ▲ or **Down** ▼ button to set your bearing reading.	Press the **Start** button to accept the value.

- To return to the Time main mode, press and hold the **Stop** button.

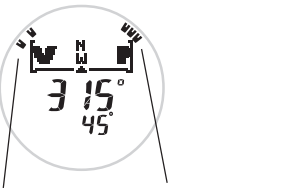
How it works: The bearing indicator shows the direction to the destination in the Navi main mode.
Turn to that direction where the north and bearing indicators meet, i.e., the indicators are on top of one another.

You are heading to the right direction



North indicator & Bearing indicator indicating same direction

You are heading to the wrong direction



Bearing indicator North indicator

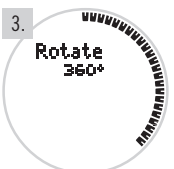
To erase a bearing press and hold the **Up** ▲ button in the Navi main mode.

3.4.3 CALIBRATING THE COMPASS

Calibrate the compass:

- when you use it for the first time in a new environment
- whenever it is exposed to big temperature changes or strong external magnetic fields such as loudspeakers, televisions, or other strong magnetic sources.
- if you notice that your compass is not showing the direction correctly.
- after a wrist unit battery change.

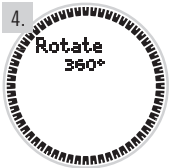
1. In the Navi main mode, press the **Start** button. AXN700: Press the **Up** ▲ button.
2. **Compass: CALIBRATION** is displayed.



Calibration is in progress when the indicators appear one by one.

3. Press the **Start** button. The wrist unit displays the text **Keep LEVEL** to indicate that you should keep the wrist unit horizontal at the same height as your chest during the calibration. When **Rotate 360°** is diplayed, slowly rotate a full circle.

Note: *If some ◤ indicators in the outer circle of the display are missing, turn again slowly to reset them.*



4. After you have finished rotating a full circle, the ◖ indicators form a full circle on the display.

Note: *Be careful not to leave empty spaces between the ◖ indicators. If holes remain after you have rotated a full circle, rotate slowly another 360° to complete the calibration.*

The wrist unit displays:

- **Calibration OK** - If the calibration succeeded. The wrist unit returns to the Navi main mode.

OR

- **Calibration FAILED** - Calibrate the compass again after the wrist unit returns to the Compass calibration display. Return to step 3.

- To return to the Time main mode, press and hold the **Stop** button.

Note: *To cancel the calibration, press the* ***Stop*** *button during calibration.* ***Calibration FAILED*** *is displayed and the wrist unit returns to the* ***Compass: CALIBRATION*** *display.*

3.4.4 SETTING THE COMPASS DECLINATION

Declination is the difference in degrees between Magnetic North (as indicated by the compass) and Geographic (map) North. Declination varies between regions. Check your local declination. For example, you could use a topographic map. Set your declination correction.

1. In the Navi main mode, press the **Start** button. Press the **Up** ▲ button until **Compass: DECLINATION** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

3. The display reads: **Declination SET**	Press the **Up** ▲ or **Down** ▼ button to set the declination (WEST = W, EAST = E).	Press the **Start** button to accept the value.

- To return to the Time main mode, press and hold the **Stop** button.

3.5 TEST SUB MODE

3.5.1 PERFORMING THE POLAR FITNESS TEST

To monitor the progress of your aerobic fitness, perform the Fitness Test a couple of times during the first two weeks of your activity to get a baseline value. Thereafter, repeat the test approximately once a month to follow the changes in your fitness.

Before you can perform the test, you need to enter your personal user information and long term physical activity in the Settings/User menu (see page 82) and to wear your transmitter (see page 30). It takes 3-5 minutes to perform the test. The test is intended for healthy adults.

To get reliable test results, follow these basic requirements:

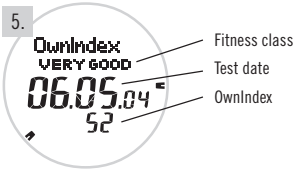
- The test can take place anywhere as long as the testing environment is peaceful. There should be no disturbing noises (e.g., television, radio or telephone), and no other people talking to you.
- Keep the testing place, time of day, and environment similar every time you take the test.
- Avoid eating a heavy meal, drinking coffee or smoking 2-3 hours prior to performing the test.
- Limit heavy physical exertions, and avoid alcoholic beverages or pharmacological stimulants on the test day and the day before.
- **Lie down and relax** for 1-3 minutes before the test.

To Perform the Test

1. In the Time main mode, press the **Up** ▲ or **Down** ▼ button until you enter the Test main mode.
   AXN700: Press the **Start** button. **Test: FITNESS** is displayed.
2. If you have taken the test before, your latest OwnIndex value and the test date are displayed.
3. Press the **Start** button to start the test. The wrist unit starts searching for your heart rate. The test begins as ▶ – – – – – – – **Test ON** and your heart rate are displayed. The increasing number of arrows ▶ indicates that the test is in progress.

Note: *If the wrist unit displays:* ***Setting Missing****, set your weight, height, date of birth, sex and activity level before performing the test. For further information, see page 82.*

4. Stay relaxed. Keep your hands beside your body and limit your body movements and communication with other people.



5. When your test is over, your current OwnIndex and its interpretation are displayed. For further information on the interpretation, see page 55.
6. Press the **Start** button. If the test result is different from the previous result, the wrist unit asks: **Save new VALUE?**
   Saving the OwnIndex value automatically updates your OwnIndex in the User Set/VO_{2max} setting mode. For further information, see page 82.
7. To save your OwnIndex value, press the **Start** button.
   Alternatively, if you do not want to update your OwnIndex value, press the **Stop** button.
   The wrist unit returns to the Test main mode.

- To return to the Time main mode, press and hold the **Stop** button.

Canceling the Test

Press the **Stop** button to stop the test at any time during testing. Your test is interrupted and your last OwnIndex value is not replaced.

If the wrist unit does not receive your heart rate at the beginning or during the test, the test fails. Check that the transmitter electrodes are wet and that the strap is snug enough.

3.5.2 OWNINDEX - FITNESS TEST RESULT

OwnIndex is a value that is comparable to your maximal oxygen uptake (VO_{2max} in ml/kg/min), a commonly used descriptor of aerobic fitness. Aerobic (cardiovascular) fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body. The stronger and more efficient your heart is, the better your aerobic fitness is. VO_{2max} is a good indicator of performance capability in endurance and outdoor sports. OwnIndex or your preset VO_{2max} value is used in the estimation of your energy expenditure.

If you want to improve your aerobic fitness, it takes a minimum of 6 weeks on average to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly, while more fit individuals need more time. Aerobic fitness is improved by exercise types that employ large muscle groups over longer periods of time (more than 30 minutes). OwnIndex is based on your heart rate and heart rate variability at rest, age, gender, height, body weight, and the self-assessed physical activity level given in the Settings: User menu.

3.5.3 OWNINDEX INTERPRETATION

Your OwnIndex is most meaningful when comparing your individual values and changes in them. OwnIndex can also be interpreted in accordance with your gender and age. Locate your OwnIndex in the table to find out your current aerobic fitness classification, compared to those who are of the same age and gender.

	Age (years)	1 (very low)	2 (low)	3 (fair)	4 (middle)	5 (good)	6 (very good)	7 (elite)
MEN	20-24	< 32	32-37	38-43	44-50	51-56	57-62	>62
	25-29	< 31	31-35	36-42	43-48	49-53	54-59	>59
	30-34	< 29	29-34	35-40	41-45	46-51	52-56	>56
	35-39	< 28	28-32	33-38	39-43	44-48	49-54	>54
	40-44	< 26	26-31	32-35	36-41	42-46	47-51	>51
	45-49	< 25	25-29	30-34	35-39	40-43	44-48	>48
	50-54	< 24	24-27	28-32	33-36	37-41	42-46	>46
	55-59	< 22	22-26	27-30	31-34	35-39	40-43	>43
	60-65	< 21	21-24	25-28	29-32	33-36	37-40	>40
WOMEN	20-24	< 27	27-31	32-36	37-41	42-46	47-51	>51
	25-29	< 26	26-30	31-35	36-40	41-44	45-49	>49
	30-34	< 25	25-29	30-33	34-37	38-42	43-46	>46
	35-39	< 24	24-27	28-31	32-35	36-40	41-44	>44
	40-44	< 22	22-25	26-29	30-33	34-37	38-41	>41
	45-49	< 21	21-23	24-27	28-31	32-35	36-38	>38
	50-54	< 19	19-22	23-25	26-29	30-32	33-36	>36
	55-59	< 18	18-20	21-23	24-27	28-30	31-33	>33
	60-65	< 16	16-18	19-21	22-24	25-27	28-30	>30

This classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adults in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.

The values in the table are typical for individuals who are not competing in sports. Top athletes typically score OwnIndex values above 70 (men) and 60 (women). Values as high as 95 can be reached by Olympic level endurance athletes.

3.5.4 PERFORMING THE POLAR HR_{rest} TEST

Your resting heart rate (HR_{rest}) is highly individual, therefore compare the value to your own baseline. To find out your personal baseline, perform the test on five consecutive days in the mornings at home or at the same altitude that you live at. After this, update your baseline resting heart rate once every six months. If you train regularly and improve your fitness, you may need to change baseline more often. The test is intended for healthy adults.

After you find out your baseline value, you can start following changes in your HR_{rest}. If HR_{rest} Test is performed after exercise, in the following morning, it allows you to find out the state of your physical recovery. If performed during treks at higher altitudes, the test allows you to find out your acclimatization level i.e. your adaptation to altitude.

Your resting heart rate is affected by many factors, including the state of your physical fitness, recovery, mental stress, quality of sleep and acclimatization to altitude.

The test should be performed:

- in the morning after waking up
- while lying down

To Perform the HR Rest Test

1. In the Time main mode, press the **Up** ▲ or **Down** ▼ button until you enter the Test main mode.
2. Press the **Start** button. Press the **Up** ▲ or **Down** ▼ button to select the **Test: HR REST**. Press the **Start** button. If you have taken the test before, your previous test result and the test date are displayed. If you are performing the test for the first time, the test starts and your can skip step 3.
3. To start the test, press the **Start** button.
   The test begins as ▶– – – – – – – – **Test ON** and your heart rate are displayed. The increasing number of arrows ▶ indicates that the test is in progress.

Note: *If the wrist unit does not receive your heart rate at the beginning or during the test, the test fails. Check that the transmitter electrodes are wet and that the strap is snug enough.*

4. Stay relaxed. Keep your hands beside your body and limit your body movements and communication with other people.
5. When your test is over, your current HR_{rest} value and date alternate with the **Gap to BASELINE** display.
   Gap to Baseline indicates the difference between your current test results and your original baseline value.
   If the value is negative, save it later as your Baseline value (step 7).
6. Press the **Start** button. The wrist unit asks: **Save new VALUE?**
   To update your Test result, press the **Start** button.
   Alternatively, to not save your Test result, press the **Stop** button.
7. The wrist unit asks: **Save new BASELINE?** Save the test result as your baseline value only if it is lower than the previous test result.
   To save your Test result as your Baseline value, press the **Start** button.
   Alternatively, to not save your Test result as your Baseline value, press the **Stop** button.

The wrist unit returns to the Test main mode.

- To return to the Time main mode, press and hold the **Stop** button.

Canceling the Test

Press the **Stop** button to stop the test at any time during testing.
Your test is interrupted and your last test result is not replaced.

3.5.5 RESTING HEART RATE - HR_{rest} TEST RESULT

Your resting heart rate tends to decrease as you become more fit. A resting heart rate significantly higher than your baseline may be an indication of incomplete recovery, overtraining, mental stress, fatique, flu or insufficient adaptation to higher altitudes.

Tip: Perform the HR_{rest} Test daily during trekking or mountaneering at high altitudes to follow the change in your resting heart rate from your home altitude's baseline value and from the values at lower altitudes. If your resting heart rate is significantly higher, you have not acclimatized to the new altitude. Consider slowing your ascending rate, resting at the current altitude or returning to a lower altitude.

Press **Start**

- WATCH SET

Press **Up** ▲

- FILES

Press **Up** ▲

- SETTINGS

Press **Up** ▲

- STOPWATCH

Press **Up** ▲

- COUNTDOWN

Press **Up** ▲

- CONNECT

In the Time sub modes, you can specify watch, user, memory, and wrist unit settings, as well as use Stopwatch and CountDown timers, view memory files, and connect to a PC. For further information on connecting to a PC, see the separate Toolkit user manual.

4.1 WATCH SETTINGS

Press **Start**

- ALARM

Press **Up** ▲

- TIME

Press **Up** ▲

- DATE

Press **Up** ▲

- REMINDER

In addition to normal watch functions, the Polar Outdoor Computer includes everything you need to keep your day organized:

- Three Daily Alarms with snooze functions.
- Two different time zone settings.
- Date and weekday.
- Five reminders.

When setting values:

- Select or adjust a value with the **Up** ▲ or **Down** ▼ button.
- Accept your selection and go deeper in the menu with the **Start** button.
- Cancel your selection or return to the previous mode or menu by pressing the **Stop** button.

4.1.1 SETTING ALARMS

In the Setting Alarm menu, you can set three Daily Alarms. Do not worry about forgetting to turn your alarm clock on in the evenings – once turned on the Alarms work every day. If you have difficulties waking up, use your wrist unit's snooze function to sleep that ten extra valuable minutes.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
4. ALARM 1 SET	**Up ▲ / Down ▼** • select the one of the three daily Alarms.	**Start**
5. SET ON or OFF	**Up ▲ / Down ▼** • turn the Alarm on or off.	**Start** (Skip step 6 if you use 24h time mode)
6. SET AM/PM (if you use 12h)	**Up ▲ / Down ▼** • select AM or PM.	**Start**
7. SET HOURS	**Up ▲ / Down ▼** • adjust the flashing hours.	**Start**
8. SET MIN	**Up ▲ / Down ▼** • adjust the flashing minutes.	**Start**

- To set another Alarm, return to step 4.
- To return to the Time main mode, press and hold the **Stop** button.

How the Alarm works

The Alarm works in all modes. When the Alarm sounds, **Daily Alarm!** with a flashing backlight is displayed. The alarm stays on for a minute if you do not turn it off by pressing the **Stop** button. Alternatively, if you want to sleep an extra 10 minutes, press the **Up, Down** or **Start** button: **Snooze** is displayed. The alarm will sound again after 10 minutes. To cancel the snooze and Alarm, press the **Stop** button in Snooze mode.

Note: *If the battery low symbol appears in the display, you cannot activate the Alarm.*

4.1.2 CHANGING THE TIME OF DAY AND SETTING THE DUAL TIME (TIME SET)

In the Time Set menu, you can change the time of day for your wrist unit and set the time for two different time zones. The dual time feature can be used when you travel to check the time at home before calling from abroad, or for other uses.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Press the **Up** ▲ button. **WatchSet TIME** is displayed.

4. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Time 1 SET	**Up ▲ / Down ▼** • select the time zone (1 or 2).	**Start**
6. SET 12h / 24h time mode	**Up ▲ / Down ▼** • select flashing 12h or 24h.	**Start** (If you chose 24h mode, skip step 7.)
7. SET AM/PM (if you chose 12h mode)	**Up ▲ / Down ▼** • select AM or PM.	**Start**
8. SET HOURS	**Up ▲ / Down ▼** • adjust the flashing hours.	**Start**
9. SET MIN	**Up ▲ / Down ▼** • adjust the flashing minutes.	**Start**

- To set another time zone, return to step 5.
- To return to the Time main mode, press and hold the **Stop** button.

4.1.3 CHANGING THE DATE

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Press the **Up ▲** or **Down ▼** button until **WatchSet DATE** is displayed.
4. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Date: DD.MM.YY or MM.DD.YY (if you use 12h mode)	**Up ▲ / Down ▼** • select the flashing day or month (12h mode).	**Start**
6. MM (month) or DD (days: 12h mode)	**Up ▲ / Down ▼** • select the flashing month or day (12h mode).	**Start**
7. YY (year)	**Up ▲ / Down ▼** • select the flashing year.	**Start**

- To return to the Time main mode, press and hold the **Stop** button.

4.1.4 SETTING REMINDERS

Set five reminders to indicate important events, meetings, and other times during your day.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.

3. Press the **Down ▼** button. **WatchSet REMINDER** is displayed.
4. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Remind1	**Up ▲ / Down ▼** • select one of the five reminders.	**Start**
6. SET ON or OFF	**Up ▲ / Down ▼** • turn the reminder on or off.	**Start** (If you selected OFF, skip the following settings for the reminder.)

- In **24h mode**, Adjust: day, month, year, hours, and minutes or in **12h mode**: month, day, year, AM/PM, hours, and minutes with the **Up ▲** or **Down ▼** buttons. Press the **Start** button after each selection.
- To set another reminder, return to step 5.
- To return to the Time main mode, press and hold the **Stop** button.

You can transfer the reminder data, with an identifying name and time, to the wrist unit from the Polar Precision Performance software. For further information, see the separate Toolkit user manual.

How the Reminder Works

The Reminder Alarm is shown in all modes. When the Reminder Alarm sounds, the number of the reminder (or its name if you have set it with a PC) is displayed. The Alarm stays on for one minute unless you turn it off by pressing the **Start**, **Stop**, **Up ▲** or **Down ▼** button.

4.2 FILES

Press **Start**

• AUTO LOG
Press **Up** ▲
• ACTION FILE
Press **Up** ▲
• SEASON TOT.

There are three types of files for recording information in your wrist unit:

- Auto Log: includes two weeks of altitude or barometer information recorded automatically and continuously depending on which feature you have used.
- Action File: includes the information you have recorded during your activity.
- Season Total Values: includes cumulative and maximum values for the information recorded for your activities.

4.2.1 AUTO LOG

Auto Log allows you to review altimeter or barometer readings for the past two weeks without having to record an Action File. It is perfect for reviewing the altitudes of a long trek or looking at weather trends.

The wrist unit continuously records altimeter or barometer information every 15 minutes in a two week running memory, called Auto Log. It does not require you to start recording. When the memory is full, the oldest information is overwritten.

Viewing the Auto Log

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up** ▲ button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.

4. Press the **Start** button. The most recent recorded information (**END**) is displayed:

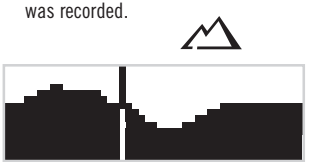
Graphical altitude or barometric pressure trend. **END** indicates the ending point of the graph. It is the most recently recorded graphical trend information.

Date when the information was recorded.

Time when the information was recorded (if you use 12h mode: A or P alternates with the time, A= AM and P= PM).

***Note: END/START** indicates the ending/starting point of the recorded graphical trend.*

5. Use the **Up** ▲ or **Down** ▼ button to scroll through the recorded information.
   The graph indicator moves to show the current displayed point in the graph and the date and time when the information was recorded.



If the indicator is on a point where the altimeter was active, only the altitude information is shown.

If the indicator is on a point where the barometer was active, only the barometric pressure information is shown.

6. To view more detailed information for a date, press the **Start** button to select the date.
   The following information is displayed:

Graphical altitude or barometric trend.

Altitude or barometric pressure value at the time the information was recorded.

Time and date when the information was recorded alternate.

1500 meters equals 4921 feet.

7. Use the **Up** ▲ or **Down** ▼ button to scroll through the information, which was recorded every 15 minutes.
8. To exit the menu, press the **Stop** button. Return to step 5.
9. To view an Action File, press the **Stop** button and press the **Up** ▲ button. **Files ACTION FILE** is displayed.

- To return to the Time main mode, press and hold the **Stop** button.

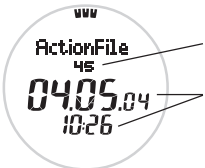
4.2.2 ACTION FILE

The Action File allows you to review heart rate, energy expenditure and performance data collected while Action recording. The wrist unit starts recording activity information in an Action File as soon as you start Action recording in the Action main mode. One Action File is generated at a time.

The bigger the file number, the more recent the file is. You can record a maximum of 100 files. The selected memory rate and the length of time for which information was recorded in an Action File limit the maximum number of files. For further information, see page 79.

Viewing the Action File

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up** ▲ button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.
4. Press the **Up** ▲ button. **Files ACTION FILE** is displayed.
5. Press the **Start** button. The last Action File is displayed:



Action File number.

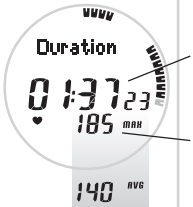
Date and time when the file was recorded.

Note: *If the wrist unit displays:* ***File Rec ACTIVE****, stop Action recording to view the Action Files.*

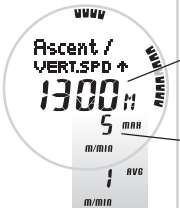
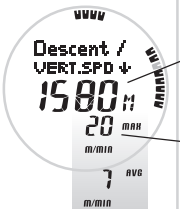
6. Use the **Up** ▲ or **Down** ▼ button to browse through the files.

Note: *if you press the* ***Up*** ▲ *button first you see* ***Delete ALL FILES?*** *For further information, see page 74. Press the* ***Up*** ▲ *button to view the first Action File.*

7. To view the information recorded in a file, press the **Start** button to select the file. Use the **Up** ▲ or **Down** ▼ button to browse through the recorded information.

Recorded Action File Information	
	Duration or recorded activity. Maximum and average heart rate readings.
Limits, **INZONE**, **ABOVE**, **BELOW** alternates	Time spent in, above, and below your target zone during your activity. Heart rate limits.
Calories, **KCAL**	Total accumulated calories burned during the activity.
Slope COUNT	Accumulated number of slopes.*

*These values are not displayed if the barometer was active.
The wrist unit automatically counts a descent of at least 50 m / 165 ft as a slope.

Recorded Action File Information	
	Total ascended meters/feet. Maximum and average ascent rate alternate.*
	Total descended meters/feet. Maximum and average descent rate alternate.*

*These values are not displayed if the ☁ barometer was active.

Recorded Action File Information	
Altitude MAX/MIN	Highest and lowest altitude points.*
Markers	To view recorded markers, see page 72.
File Delete?	To delete this file, see page 73.

*These values are not displayed if the barometer was active.

- To stop viewing the File details, press the **Stop** button to return to the File List (go to step 6).
- To return to the Time main mode, press and hold the **Stop** button.

Viewing Recorded Markers

Markers are recorded in an Action File in two ways:

- Manually: You have taken a snapshot.
- Automatically: The wrist unit automatically records a marker when
  - you start Action recording (the altitude or sea level pressure is recorded).
  - you activate or calibrate the altimeter or barometer.
  - you swap your heart rate limits, you set a bearing or when the wrist unit registers a slope you have done.

  See the tables below.

1. In the **Markers** view, press the **Start** button to view the list of Markers. The first Marker is automatically recorded marker, **Autom 1**, the altitude or sea level pressure reading when you have started Action recording.
2. Browse the Marker list with the **Up** ▲ or **Down** ▼ button.
   The following information starts to alternate: Split time (SPLIT), time of day (TIME) and date (DATE) when the marker was recorded.

Marker indicates manually taken markers.
Autom. is displayed if a marker is automatically recorded.

3. To view the details of a Maker, press the **Start** button. The Marker information is best viewed in the software. For further information, see the Polar Precision Performance software's online help.

4. To stop viewing the Markers, press the **Stop** button.
   • Continue browsing the Action File information or to return to the Time main mode, press and hold the **Stop** button.

Note: *The bigger the marker number, the more recent the marker is. The wrist unit records up to 255 Markers in one file.*

Deleting Files One by One

You can release memory by deleting files. Before you delete files, transfer them to the Polar Precision Performance software. Once you have deleted a file, you cannot retrieve it.

1. In the **Files ACTION FILE** display, press the **Start** button.
2. Use the **Up** ▲ or **Down** ▼ button to browse the files.
3. Press the **Start** button to select an **Action File** with the desired number.
4. Press the **Down** ▼ button. **File DELETE?** is displayed.
   If you do not want to delete the file, cancel the deletion by pressing the **Up** ▲ or **Down** ▼ button. You can continue browsing the Action File information.
5. Press the **Start** button. The wrist unit asks: **Are you SURE?**
6. To delete the file, press the **Start** button. **File DELETED** is displayed.
   Alternatively, to cancel the deletion, press the **Stop** button.
   The wrist unit returns to the **Action File** display.
   • To continue deleting your files, go to step 2.
   • To return to the Time main mode, press and hold the **Stop** button.

Note: *You can see the memory left in the Action main mode.*

Deleting All Files

1. In the **Files ACTION FILE** display, press the **Start** button and the **Up ▲** button.
2. The wrist unit asks: **Delete ALL FILES?** If you do not want to delete all the files, press the **Up ▲** or **Down ▼** button. You can continue browsing the Action Files.
3. Press the **Start** button. The wrist unit asks: **Are you SURE?**
4. To delete all the files, press the **Start** button. **Files DELETED** is displayed.
   Alternatively, to cancel the deletion: press the **Stop** button twice.
   The wrist unit returns to the **Files ACTION FILE** display.
   • To return to the Time main mode, press and hold the **Stop** button.

4.2.3 SEASON TOTAL VALUES

Use the Season Total Values file as a weekly/monthly counter of your activity values.
The Season Total Values are updated automatically, when Action recording is stopped. This function keeps track of your cumulative and maximum values starting from the last reset. You can reset the values to zero manually or by PC.

Viewing the Season Total Values

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.
4. Press the **Down ▼** button. **Files SEASON TOT.** is displayed.
5. In the Season Total Values menu, press the **Start** button. The total calories burned (Tot.Kcal) are displayed.

6. Use the **Up ▲** or **Down ▼** button to browse through the following information:

Season Total Values	
	The date when the total calories burned was last reset. The total calories burned from the previous reset. Your heart rate must be measured during action recording to update the total burned calories.
	The date when the number of slopes was last reset. The cumulative number of slopes, commencing from the previous reset.*
	The date when the maximum ascent rate was recorded. Maximum ascent rate.*

** The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.*

Season Total Values	
	The date when the maximum descent rate was recorded. Maximum descent rate.*
	The date when the total altitude ascended was last reset. Cumulative altitude ascended, commencing from the previous reset.*
	The date when the total altitude descended was last reset. Cumulative altitude descended, commencing from the previous reset.*

** The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.*

Season Total Values	
	The date when the maximum altitude was recorded. Maximum altitude.*

** The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.*

7. To stop viewing the values, press the **Stop** button.
- To return to the Time main mode, press and hold the **Stop** button.

Note: *You can view additional information that is not shown in the wrist unit in the Polar Precision Performance software after you transfer the Action Files to your PC. For further information, see the separate Toolkit user manual.*

Using the previously recorded maximum altitude in the Season Total Values

If the altimeter gives a faulty maximum reading, you can correct the recorded reading by using the previously recorded maximum altitude.

1. In the Altitude max. display, press the **Start** button to start using the previous maximum altitude value. The wrist unit asks: **Altitude RESET?**
2. Press the **Up** ▲ button. Your previous maximum altitude is displayed.
   The wrist unit asks: **Altitude RETURN OLD?**
3. Press the **Start** button. The wrist unit asks: **Are you SURE?**
4. If you are sure, press the **Start** button.
   Alternatively, to cancel the reset, press the **Stop** button.

Resetting the Season Total Values to zero

Use the Season Total Values as a seasonal (or weekly/monthly) counter of your activity values by resetting them to zero once a season. Once you have reset a value, you cannot retrieve it.

Start with any display in the previous table (Tot.Kcal, Slopes, Vert.Speed ↑ max, Vert.Speed ↓ max, Ascent, Descent or Altitude max).

1. Press the **Start** button to start resetting the desired value. The wrist unit asks: **RESET?**
2. Press the **Start** button. The wrist unit asks: **Are you SURE?**
3. If you are sure that you want to reset the value to zero, press the **Start** button.
   Alternatively, to cancel the reset, press the **Stop** button.

4.3 SETTINGS

Press **Start**

- MEMORY

Press **Up** ▲

- USER

Press **Up** ▲

- GENERAL

The Settings menus allow you to manually enter memory, user, and wrist unit settings. You can also prepare your settings with the Polar Precision Performance software and transfer them to your wrist unit from your PC. For further information, see the separate Toolkit user manual.

Note: *You are not able to enter the Settings menu when you are using Action recording.*

4.3.1 SETTING THE MEMORY RATE

The available recording time of the wrist unit depends on the selected memory rate (5, 15 or 60 seconds or 5 minutes). The free memory allows a maximum of 660 h or 100 Action Files to be recorded depending on the memory rate. The smaller the memory rate, the sooner the memory becomes full. If the total memory is full, you can continue your activity, but the action is no longer recorded in an Action File.

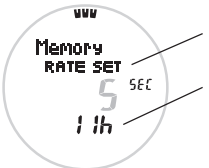
Use the 5 minute memory rate when you record information without wearing your transmitter. For example, when you hike in terrain with slower changes in altitude. When the altitude changes more quickly or you are climbing at high altitudes, it is useful to monitor and record your heart rate to know how your body is reacting to the altitude and/or the rate at which you are ascending or descending. In this case, use a smaller memory rate to get more accurate data.

By selecting a shorter memory rate, you will also get more accurate information with the Polar Precision Performance software.

The following table contains some recommendations for memory rates in different activities:

Type of Activity	Memory rate
Downhill skiing - shorter period than a day Mountain biking - shorter, higher intensity ride Whitewater padding Navigating using the altimeter	**5 s** (Maximum of 11 h free memory)
Back-country skiing Mountain biking - longer ride Hiking in steep terrain	**15 s** (Maximum of 33 h free memory)
Long Treks - recording heart rate for a long period of time	**60 s** (Maximum of 132 h free memory)
Recording without monitoring heart rate	**5 min** (Maximum of 660 h free memory)

1. To go to the Settings menu, press the **Start** button in the Time main mode. **Menu WATCH SET** is displayed.
2. Press the **Up** ▲ or **Down** ▼ button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Start** button. The following information is displayed:



Memory rate

Memory left with the selected memory rate option

5. Continue adjusting the Memory Settings by following the step below:

The display reads: **Memory** **RATE SET**	Press the **Up** ▲ or **Down** ▼ button to set the flashing memory rate.	Press the **Start** button to accept. The amount of **Memory LEFT** in hours is displayed for a few seconds. The wrist unit returns to the **Settings MEMORY** display.

- To return to the Time main mode, press and hold the **Stop** button.

4.3.2 SETTING USER INFORMATION

Entering your personal information ensures that your calorie counter and Fitness Test will operate with the highest possible degree of accuracy.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Up ▲** button. **Settings USER** is displayed.
5. Press the **Start** button to specify the user information settings and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
6. Weight Set KILOGRAM or POUNDS	**Up ▲ / Down ▼**	**Start**

Note:

- *The units of weight and height depend on your choice in the units settings. If you chose the wrong units, you can still change them by pressing and holding the **Light** button.*
- *To change your settings, press the **Stop** button and return to step 4.*

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
7. **Height** • Set CM or FT • Set INCH (if you use Units 2)	 **Up ▲ / Down ▼** **Up ▲ / Down ▼**	 **Start** **Start**
8. **Birthday** • DD (set days) or MM (set month: if you chose 12h) • MM (set month) or DD (set days: if you chose 12h) • YY (set year)	 **Up ▲ / Down ▼** **Up ▲ / Down ▼** **Up ▲ / Down ▼**	 **Start** **Start** **Start**
9. **Sex** SET MALE or FEMALE	**Up ▲ / Down ▼**	**Start**
10. **Activity** Set LOW, MODERATE, HIGH or TOP (see the instructions on page 85).	**Up ▲ / Down ▼** • select your activity level for the Fitness Test	**Start**
11. **VO_{2max} SET** The wrist unit suggests a value of 36 for females and a value of 45 for males as a default setting when you set this value for the first time (see the instructions on page 86).	**Up ▲ / Down ▼** • adjust this, if you know your **laboratory measured current maximal oxygen uptake value.**	**Start**

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
12. **HR_{max} SET** Your age-predicted maximum heart rate value (220-age) is displayed as a default setting when you set this value for the first time (see the instructions on page 86).	**Up ▲ / Down ▼** • adjust this, if you know your **laboratory measured current maximum heart rate value.**	**Start**
13. **HR_{sit} SET** Your heart rate value in sitting position (see the instructions on page 86).	**Up ▲ / Down ▼** • adjust your heart rate value in a sitting position.	**Start**

- To return to the Time main mode, press and hold the **Stop** button.

Activity Level

The activity level is an assessment of your level of physical activity. Select the alternative that best describes the overall amount and intensity of your physical activity in the past half-a-year.

Activity Level	Description
Low (occasional)	You occasionally participate in outdoor activities or other exercise that causes heavy breathing or perspiration. You do not engaged in regular exercise program or sport activity.
Moderate (consistent)	You spend 1/2-2 hours/week participating in outdoor activities or other forms of exercise, or your work requires modest physical activity. Example: you run or hike 5-10 km/week (3-6 miles/week).
High (committed)	You spend 2-3 hours/week participating in vigorous outdoor activities or other forms of *strenuous* exercise. You may occasionally go on long outdoor excursions (1-3 days) or participate in competitive events. Example: you run or hike 10-20 km/week (6-12 miles/week).
Top (competitor)	You participate in vigorous outdoor activities or other forms of *strenuous* exercise at least 5 times/week. You are most likely exercising to improve your performance or to prepare for a long outdoor excursion.

Maximal oxygen uptake value (VO_{2max}, ml/kg/min)
VO_{2max}, is used in the estimation of energy expenditure. VO_{2max} is the maximum capacity for oxygen consumption by your body during maximum exertion. It is also known as maximum aerobic power or maximal oxygen intake/consumption. VO_{2max} is a commonly used determinant of aerobic (cardiovascular) fitness. Aerobic fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body. The most accurate way of determining your individual VO_{2max} is to perform a maximal exercise stress test in a laboratory.

Note: *If you do not know this value, you can determine a comparable value, your OwnIndex, by taking the Fitness Test. For further information,* *see page 52.*

Maximum heart rate value (HR_{max})
HR_{max} is used in the estimation of energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. HR_{max} is a useful tool for determining the intensity of acitivity. The most accurate way of determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory.

Heart rate value in a sitting position (HR_{sit})
HR_{sit} is used in the estimation of energy expenditure. In order to get the most accurate energy expenditure estimate, HR_{sit} should be your typical heart rate when you are not doing any physical activity (while sitting). To easily determine your HR_{sit}, sit down and put on your transmitter. In the Time main mode, use the **Down ▼** button to see your heart rate. Look at your wrist unit after 2 to 3 minutes. This is your HR_{sit}. To more precisely calculate your HR_{sit}, wear your Outdoor Computer for one normal day. Occasionally when you sit and do not engage in any physical activity for 2-3 minutes, write down your heart rate value. In the evening, calculate the average value.

4.3.3 GENERAL SETTINGS

Press **Start**

- HR LIMITS

Press **Up** ▲

- UNITS

Press **Up** ▲

- VERT. SPEED

Press **Up** ▲

- INTRO

Press **Up** ▲

- SOUND

Set the general settings for your wrist unit in the Settings/General menu. You can set the following information:

- Your personal target heart rate zone. For AXN700 you can set 3 different heart rate limits.
- Units of measurement.
- Vertical speed, i.e., the ascent or descent rate in minutes or hours.
- Whether intro pictures for the main modes are switched on or off.
- Whether button and activity sounds for the wrist unit are switch on or off.

Setting Heart Rate Limits for the Target Zone Alarm

Setting lower and upper heart rate limits allows you to create a target heart rate zone. Use this feature to help you maintain a particular level of intensity, depending on your objectives. The wrist unit default target heart rate zone is 80-160 bpm. Your target zone can also be expressed as percentages of your HR_{max} (see page 84). For example, if your maximum heart rate is 200 bpm, 60%-85% of your HR_{max} is 120-170 bpm.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up** ▲ or **Down** ▼ button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Down** ▼ button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.

6. Press the **Start** button to specify your heart rate limits and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
Only if you are using AXN700: HR Limits 1, 2 or 3	**Up ▲ / Down ▼** • select the heart rate limit you want to set.	**Start** • quit your selection.
7. Limit High: • SET ON or OFF	**Up ▲ / Down ▼** • turn the upper limit on or off.	**Start** • if you turn the limit off, move to step 8.
• SET LIMIT	**Up ▲ / Down ▼** • adjust the upper limit.	**Start**
8. Limit Low: • SET ON or OFF	**Up ▲ / Down ▼** • turn the lower limit on or off.	**Start** • if you turn the limit off, skip the rest of the steps.
• SET LIMIT	**Up ▲ / Down ▼** • adjust the lower limit. The lower limit cannot be higher than the upper limit value.	**Start**

- To set another heart rate limit, return to step 6.
- To return to the Time main mode, press and hold the **Stop** button.
  For futher information on how the Target Zone Alarm works, see page 35.

Note: *If you turn the heart rate limits off, there is no Target Zone Alarm in the Action main mode and no limit values are calculated in the Action File.*

Tip: How to use the Target Heart Rate Zones
When it comes to preparing for most outdoor activities, harder is not always better. Vary the intensity of your training according to your goals and fitness level. Do some exercises at light to moderate intensity (60-70% of your HR_{max}) and some at higher intensity. The longer your planned activity, the more low intensity activity you should do. For further information on the target zones and for a personalized exercise program, see www.PolarOutdoorGuide.com.

Changing the Units

The Units settings affect the following features:

	Units 1	Units 2
Personal information	kg cm	lb ft
Altitude	m	ft
Barometric pressure	hPa	inHg
Vertical speed while ascending or descending*	m/min m/h	ft/min ft/h
Temperature	°C	°F

*To change the rate for vertical speed, see the following section.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up** ▲ or **Down** ▼ button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Down** ▼ button. **Settings GENERAL** is displayed.

5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Use the **Up ▲** button. **Set UNITS** is displayed.
7. Press the **Start** button and follow the step below:

8. The display reads: **Units** **1: M / HPA / °C** or **2: FT / INHG / °F**	Press the **Up ▲** or **Down ▼** button to select the flashing Units 1 or 2.	Press the **Start** button to accept.

- To return to the Time main mode, press and hold the **Stop** button.

Note: *You can use the Unit Converter feature of the Polar Precision Performance software to convert units, for example, from meters to feet for altitude readings.*

Setting Rate for Vertical Speed

The vertical speed setting defines if the ascent/descent rate is displayed as meter/ feet per minute or hour. You can monitor your ascent or descent rate when the altimeter is activated in the Alti main mode.

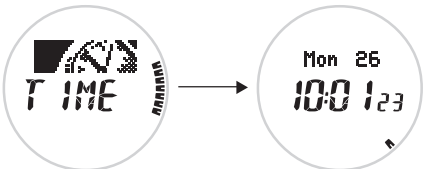
Rate for Vertical Speed	Use when...
Rate per minute	...fast changes in altitude can be expected, such as when you are downhill skiing or mountaneering.
Rate per hour	...you are hiking in terrain with no steep hills or mountains.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up** ▲ or **Down** ▼ button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Down** ▼ button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Up** ▲ or **Down** ▼ button until **Set VERT. SPEED** is displayed.
7. Press the **Start** button to specify the rate for the vertical speed:

8. The display reads: **Vert. speed RATE SET M/FT**	Press the **Up** ▲ or **Down** ▼ button to select the vertical speed per minute (Min) or hour.	Press the **Start** button to accept.

- To return to the Time main mode, press and hold the **Stop** button.

Setting Intro ON/OFF



When you browse the main modes, the main mode introduction animation is displayed for a few seconds before you enter the main mode display. If you do not want the intro to be displayed, turn the intro off.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up** ▲ or **Down** ▼ button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Down** ▼ button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Up** ▲ or **Down** ▼ button until **Set INTRO** is displayed.
7. Press the **Start** button to turn the introduction animation on or off:

8. The display reads: **Set INTRO** **ON** or **OFF**	Press the **Up** ▲ or **Down** ▼ button to switch the intro on or off.	Press the **Start** button to accept.

- To return to the Time main mode, press and hold the **Stop** button.

Setting Sound •)) ON/OFF

The sound settings affect the following sounds: the button sound, Heart Rate Target Zone Alarms, and the start and stop sounds of the Stopwatch, CountDown and Action timers. The sound settings do not affect the watch alarms (Daily Alarms and reminders), Altitude Alarms, Memory Full Alarm or Fitness Test Completed/Failed Sound.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings MEMORY** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Down ▼** button. **Set SOUND** is displayed.
7. Press the **Start** button to turn the sound on or off:

The display reads: **Set SOUND** **•)) ON** or **OFF**	Press the **Up ▲** or **Down ▼** button to switch the sound on or off.	Press the **Start** button to accept.

- To return to the Time main mode, press and hold the **Stop** button.

Note: *The wrist unit sounds are turned off when the low battery symbol 🔋 is displayed. However, the Watch Alarm will work if it is set before the 🔋 symbol appears.*

4.4 STOPWATCH

Use the stopwatch when you want to monitor the duration of an event with intermediate times, such as during a trail run, or if you want to know how much time it takes to climb a certain hill.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up** ▲ or **Down** ▼ button until **Menu STOPWATCH** is displayed.
3. Press the **Start** button to start the stopwatch. The stopwatch starts running.
4. To take split times, press the **Start** button. **StopWatch SPLIT** is displayed.
5. To stop the stopwatch, press the **Stop** button. **StopWatch PAUSED** is displayed.
6. To restart the stopwatch, press the **Start** button.To return to the Time main mode and use other functons while the stopwatch is running, press and hold the **Stop** button.

You can reset the stopwatch to zero, when the stopwatch is paused. Press and hold the **Stop** button until the reading is reset to zero.

Note: *Other timers do not affect the stopwatch. You can use the stopwatch independently while using Action recording and other functions.*

4.5 COUNTDOWN TIMER

The CountDown timer works like the stopwatch, but it counts the time down to zero from a preset value.
Set the CountDown timer time and start the timer in the CountDown menu.

1. To go to the CountDown menu, press the **Start** button in the Time main mode and press the **Up** ▲ or **Down** ▼ button until **Menu COUNTDOWN** is displayed.
2. Press the **Start** button to set the timer time.
3. Use the **Up** ▲ or **Down** ▼ button to adjust the hours, minutes, and seconds. Press the **Start** button after each selection. After setting the seconds the CountDown timer starts running.
4. Press the **Start** button to take split times.
5. If you want to pause the CountDown timer, press the **Stop** button. **CountDown PAUSED** is displayed.
6. To restart the CountDown timer, press the **Start** button.
7. To return to the Time main mode and use other functons while the CountDown timer is running, press and hold the **Stop** button.

The CountDown timer remembers the preset value.

- If you use the same value, you do not need to set a new time when you use your CountDown timer the next time.
- If you want to reset the CountDown timer to the preset value when you have paused it, press and hold the **Start** button.
- If you want to reset the CountDown timer when you have paused it, press and hold the **Stop** button. The CountDown timer is reset to zero. You can now set the CountDown value again.

How it works: In the Time main mode, the flashing indicator in the outer circle informs you that the stopwatch or CountDown timer is on. As the timer stops, the wrist unit sounds an alarm briefly and displays: **COUNTDOWN 00:00.00.** Press any button (except **Light** button) and the wrist unit returns to the mode you were using. Other timers do not affect the CountDown timer.

Tip: How to use the CountDown Timer to prevent dehydration
Set your CountDown timer to remind you to take regular small drinks throughout your activity. Plan to drink at least 250 ml / 4 oz. of water or other fluid each hour, more if you are in a hot and/or humid environment. If your heart rate is gradually rising although there is no increase in speed, increase your fluid intake. Do not wait until you are thirsty to drink – that means you are already dehydrated.

5. CARE AND MAINTENANCE

Like any electronic device, your Polar Outdoor Computer should be treated with care. The suggestions below will help you fulfill the guarantee obligations and enjoy this product for many years to come.

Store your wrist unit and transmitter in a cool and dry place. Do not store them in a damp environment, in non-breathable material (i.e., a plastic bag) or with conductive material such as a wet towel.

Taking Care of Your Wrist Unit

- Keep your Polar Outdoor Computer clean. Clean it with a mild soap and water solution. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- The operating temperatures are -20 °C to +60 °C / -4 °F to +140 °F and the storage temperatures are -40 °C to +70 °C / -40 °F to +158 °F.
- Do not expose the Outdoor Computer to direct sunlight for extended periods, such as by leaving it in a car.
- Keep the air pressure channels (the openings on the side of the wrist unit) clean to make sure that the altitude and temperature measurements work. Do not insert any objects into the openings.

Using Your Polar Outdoor Computer in Water

Heart rate monitoring in water may suffer from interference because pool water with a high chlorine content and seawater are very conductive. The electrodes of the transmitter may short-circuit, which prevents the transmitter unit from detecting ECG signals. The wrist unit is water resistant to 100 m / 330 ft so you can wear it, e.g., when swimming. The Polar Outdoor Computer is not, however, a diving instrument. Therefore, the functions should not be used for underwater activities and the buttons should not be pressed while under water.

Taking Care of your WearLink Transmitter
If you use insect repellent on your skin, you must ensure that it does not come into contact with the transmitter.

WearLink Connector
- Clean the connector regularly after use with a mild soap and water solution.
- Never use alcohol or any abrasive material such as steel wool or cleaning chemicals on any part of the transmitter.
- Do not dry the connector in any other way than with a towel. Mishandling may damage it.
- Never put the connector in a washing machine or a drier!

WearLink Strap
- The strap can be washed in a washing machine at +40 °C / 104 °F. We recommend that you use a washing pouch.
- We recommend that you wash the strap after each time you have used it in pool water with a high chlorine content.
- Do not spin-dry the strap or put the strap in a drier!
- Do not iron the strap!

Service
During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Changing Wrist Unit or Transmitter Batteries
Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. If you choose to change the battery yourself, follow the instructions.

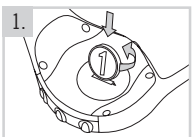
Note: *In order to ensure the maximum lifespan of the battery cover, open it only when you need to change the battery. We recommend that you change the sealing ring of the battery cover every time you change the battery. Additional sealing rings are available from an authorized Polar Service Center only.*

Wrist Unit

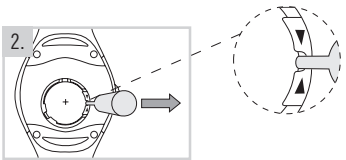
To change the wrist unit battery, you need a small screw driver, sealing ring, coin and battery (CR 2032).
The low battery indicator is displayed when 10-15% of the wrist unit battery capacity is left.

Note:

- *Excessive use of the backlight, compass, and altimeter drain the wrist unit's battery more rapidly.*
- *In cold conditions the low battery indicator may appear, but the indicator is deactivated when you return to a normal temperature.*
- *The backlight and wrist unit sounds are automatically turned off when is displayed. However the Watch Alarm sound works if you have activated the Watch Alarm before the symbol appears.*



1. Open the battery cover by screwing it counterclockwise (OPEN direction) with a coin that sits tight into the back cover groove.



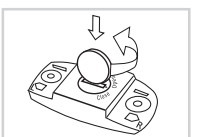
2. Remove the battery cover. Put a **small screw driver** in the hole indicated by the two arrows. Carefully lift the battery using the screw driver and replace it with a new battery. Be carefull not to damage the threads of the back cover.

3. Place the negative (-) side of the battery against the bottom and the positive (+) side against the cover.
4. Remove the sealing ring of the battery cover and replace it with a new ring. Make sure that the cover's sealing ring is placed correctly in its groove.
5. Put the battery cover in its place and close it by screwing the cover clockwise (CLOSE direction) with a coin. Make sure that the cover is closed properly! It is recommended that the altimeter or barometer and the compass are calibrated after battery replacement.

Note: *After a battery change re-enter the Basic Settings. For further information, see page 10.*

Transmitter

To change the battery, you need a coin, sealing ring and battery (CR 2025).



1. Open the battery cover of the connector by turning it counterclockwise with a coin from the CLOSE position to the OPEN position.
2. Remove the battery cover, lift the battery out and replace it with a new battery.
3. Remove the sealing ring of the battery cover and replace it with a new ring.
4. Place the negative (-) side of the battery against the bottom and the positive (+) side against the cover.
5. Put the cover on so that the arrow points to the OPEN position. Make sure that the cover's sealing ring is placed correctly in its groove.
6. Gently press the cover deep enough so that its exterior surface is on the same level as the connector's surface.
7. Turn the cover with the coin clockwise so that the arrow on the cover turns from OPEN to CLOSE. Make sure that the cover is closed properly!

Note:

- *Keep the batteries away from children. If swallowed, contact a doctor immediately.*
- *Batteries should be disposed of properly according to local regulations.*

6. SAFE OPERATION OF YOUR OUTDOOR COMPUTER

The Polar Outdoor Computer shows environmental conditions such as altitude, barometric pressure, directions and your performance indicators. It indicates the level of physiological strain and intensity during your activity. No other use is intended or implied. **The Polar Outdoor Computer should not be used for obtaining environmental measurements that require professional or industrial precision.** Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

Minimizing Possible Risks during Physical Outdoor Activities

Physical activity always includes some risk. Before starting regular outdoor activity, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any activity.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to activity intensity, heart, blood pressure, psychical conditions, asthma, breathing etc. medication as well as some energy drinks, alcohol and nicotine can affect your heart rate.

It is important to be sensitive to your body's reactions during activity. If you feel unexpected pain or excessive fatigue during activity, it is recommended that you stop or continue at a lighter intensity.

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Outdoor Computer's heart rate monitoring at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar Outdoor Computer.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials on page 103. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

7. FREQUENTLY ASKED QUESTIONS

What should I do if…

…the data transfer from the wrist unit to my PC was unsuccessful?
Check that:

- the wrist unit is in the Connect mode.
- the wrist unit is in the correct position for the infrared window or external device.
- the surroundings are not too bright. This problem often occurs near windows or surfaces that reflect light.
- there are no obstructions between the infrared windows of the interface and the wrist unit. For further information on data transfer to a PC, see the separate Toolkit user manual.

…there are no reactions to any buttons?
If there are no reactions to any buttons, reset the wrist unit. Resetting only clears the date and Daily Alarm times, not the recorded files or Auto Log. The altimeter and barometer calibration values return to their default values (standard sea level pressure 1013 hPa/29.90 inHg). To reset, press all the buttons, except the **Light** button, simultaneously until the display is filled with numbers and texts. To set the time and date again see page 10.

Note: *If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time main mode.*

…the heart rate reading becomes erratic or extremely high?
You may have come within range of strong electromagnetic signals, which can cause erratic readings. This may occur near high voltage power lines, traffic lights, overhead lines of electric railways or trams, skilifts, car motors, bike computers, some motor driven exercise equipment (e.g., fitness testers) or cellular phones. Check your surroundings and move further away from the source of the disturbance.

…the altitude reading changes even though I stay at the same altitude?
Altitude measurement is based on barometric pressure. Changes in altitude or weather cause changes in the pressure. For example, if you stay at the same altitude but the weather and pressure changes, the altimeter interprets the pressure change as a change in altitude.

…the barometric pressure readings are inaccurate?
Your barometer may show faulty barometric pressures if it is exposed to external interference like strong wind or air conditioning. It is also important that you stay at the same altitude when using the barometer. If the readings are constantly inaccurate, dirt may be blocking the air pressure channels. In this case, send the Outdoor Computer to a Polar Service Center.

…I cannot calibrate the compass or the calibration of the compass was unsuccessful?
Check that you:

- are not around a strong magnetic source.
- rotate 360° even if the indicators do not appear during calibration.
- do not tilt the compass, keep it horizontal during calibration.
- do not leave empty spaces between the indicators. If holes remain after you have rotated a full circle, hold the wrist unit still until it displays Turn AGAIN. Rotate another 360° to complete the calibration.

8. TECHNICAL SPECIFICATIONS

Wrist Unit The wrist unit is a Class 1 Laser Product.

Battery life:	Average 1 year in normal use
Battery type:	CR 2032
Battery sealing ring:	O-ring 21.50 x 0.60
Operating temperature:	-20 °C to +60 °C / -4 °F to 140 °F
Storage temperature:	-40 °C to +70 °C / -40 °F to +158 °F
Water resistance:	up to 100 m /330 ft
Wrist strap material:	Polyurethane

Back cover and Wrist strap buckle and AXN700 wrist strap material: Stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.

Watch

Accuracy: better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.

Heart Rate Monitor

Accuracy: ± 1% or 1 bpm, whichever larger, definition applies to steady state conditions.
Heart rate measuring range: 15-240

Altimeter

The Polar wrist unit calculates altitude by using the standard average altitude at defined air pressures according to ISO 2533.

Display range:	-550 m to +9000 m / -1800 ft to +29500 ft
Resolution:	1 m / 5 ft
Ascent/Descent resolution:	5 m / 20 ft
Vertical speed resolution:	1 m per min or 50 m per hour / 5 ft per min or 200 ft per hour

Temperature compensated

Barometer

Display range:	Current sea level pressure 800 hPa to 1100 hPa / 23.60 inHg to 32.50 inHg Absolute pressure 300 hPa to 1100 hPa / 8.85 inHg to 32.50 inHg
Resolution:	1 hPa / 0.05 inHg

Thermometer

Display range:	-20 °C to +60 °C / -4 °F to 140 °F
Resolution:	1 °C / 1 °F

Compass

Resolution:	1 degree

Transmitter

Battery life:	Average 2 years (1h/day, 7 days/week)
Battery type:	CR 2025
Battery sealing ring:	O-ring 20.0 x 1.0
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Storage temperature:	-40 °C to +70 °C / -40 °F to +158 °F
Water resistance:	up to 30 m / 100 ft
Strap Material:	Polyurethane, polyester, polyamide, nylon and elasthane.

Limit Values of information recorded to Action File

Maximum of 100 Action Files
Maximum Action time recorded to Action File: 99 h 59 min 59 s

9. LIMITED POLAR INTERNATIONAL GUARANTEE

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees to the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or International Guarantee Card, which is your proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- Guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized Service Center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.

CE 0537 This CE marking shows compliance of this product with Directive 93/42/EEC. Polar Electro Oy is a ISO 9001:2000 certified company.
Copyright © 2004 Polar Electro Oy, FIN-90440 KEMPELE, Finland. All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy.
The names and logos marked with a ™ symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy.
The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy.

10. POLAR DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material of the products described herein.

This product is protected by one or several of the following patents:
US 6277080, US 6361502, US 6418394, US 6537227, US 5486818, US 4625733, US 5611346. Other patents pending.

Manufactured by:
Polar Electro Oy
Professorintie 5
FIN-90440 KEMPELE
Tel +358 8 5202 100
Fax +358 8 5202 300

www.polar.fi

POLAR®

11. INDEX

12h/24h time mode 10, 17, 61
Absolute barometric pressure 24
Alarm on/off 60
Action File 32, 67
Altitude Alarm 40
Ascent/ Ascent rate 20, 36, 70, 75
Auto Log 37, 65
Backlight 9
Barometric Pressure Drop Alarm 24
Battery replacement 98
Bearing setting 47
Calibrating the altitude 41
Calibrating the barometer 44
Calibrating the compass 49, 102
CountDown timer 95
Data transfer to computer 59, 102
Date settings 10, 63
Declination setting 51
Deleting a file 73
Descent/ Descent rate 20, 36, 70, 75
Dual Time 17, 61
Energy expenditure 20, 29, 82
FileView 35
Fitness Test 52, 82
Graphical altitude trend 19, 38
Graphical barometer trend 23
Graphical heart rate trend 33
Heart rate 18, 27, 30, 36
Heart rate limits 35, 87
HeartTouch function 14
HR_{sit} 86
HR_{rest} Test 56
Keylock 9
Low battery indication 93, 99
Markers 72
Memory rate 28, 79
OwnIndex 54
Recall activity information 67
Recording an Action **REC** 27, 32
Reminders 63
Reset the wrist unit 102
Resting heart rate 58
Return to the Time display 9
Season Total Values 74
Snooze 61
Slope counter 36, 69, 75
Sound on/off 34, 93
Start measuring your heart rate 30
Stopwatch 94
Target Zone Alarm 28, 35, 87
Temperature 25
Transmitter 30, 98
Units setting 89
User settings 82
Vertical speed settings 89, 90